

가 5 *

** . *** . **** . ***** . ***** . *****

1.

가 3 가 가 .
1995 (23 8 1 가
32) 15% 3 6 61
10
81 43.6 95 79.7 1.8 가 가
(, 1997.9.23).
18%가 , 가

(, 1988; Feigenseon, 1981).

가
, 6 , 가
(Katz , 1992).

* BK
**

가 (, 1994).

가 , (Anderson , 1977; Anderson, 1987; 3 , 1988).

가 가 (Pfau, 1973; , 1987). 73%

가 , 가 (, 1993).

가

(1998)

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가 (2000)

1 8

8가 가

가

(, 1998).

가 가 가

가 가

가

(Katz ,

1992).

가 가 (,

1998), 가 (, 1999).

(, 1999)

가 가

(, 1999)

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(1998)

(1999)

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1 8

가

(2000) 5

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2.

가 가

가 가 (, 1993; , 1986).

(

, 1987; , 1986),

가

가 (Farren , 1995). (, , , , , ,) , , , , , ,

가 가 (Miller & Power, , , 10가 . 1988),

가 가 (, 1998). 가 가

(, 1997).

(McGee, , Bandura(1977, 1986)

1984). 가

(Herth,1989, 1990, 1991, 1992; Miller and Power, 1988). 가

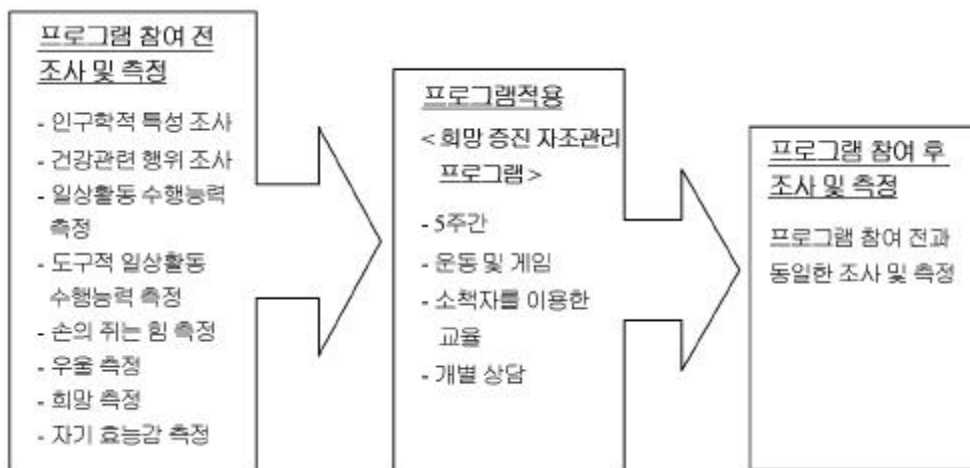
가 , 가 (, 1992; , 1997; , 1990; , 1998) (Fowler, 1997), (, 2000), (, 1992), (, 1994), (Ewart , 1983) (, 1997), (, 1994) 가

2000) , (1997) (, 1999) 가 , 가 가

가 가 (, 1998). Bandura(1977) ,

가

가 (, 1994; , 1995; , 2000). 가 (1). 가 2. 가 가 2 2000 5 가 69.9% (, 1998). Robinson (2000) 2000 11 3 27 . 가 3. 1) 가 가 2) 5 1 2 3 -5 . 3) 1 , 2 , 2 1. 4)



< 1 >

5) (1) (3) 1

4 .

1) Barthel Index(Mahoney and Barthel, 1965)

(2) 5 1 : 3 가 가 10 가 10 30 Cronbach .901

2) (1995) 7 가 3 가 7 21 Cronbach .810

3) 가 0-100kg (Lafayette Hand Dinamometer ; Lafayette Instrument Company Model 78010)

4) CES-D(Center for Epidemiological

Studies of Depression Scales) (paired t-test)
(1992) CES-D (Wilcoxon signed rank test)
(Likert Scale) (Pearson)
가 1 (Spearman)
' 4 16 가
64 가 가 가
Cronbach 가
0.913 p .05
5) 5.
Herth(1992)가 12 , 4 가
Herth Hope Scale(1991) (, ,)
12 48 가
Herth가
Cronbach 가 0.88 0.97 - 1.
0.87 0.91 27
Cronbach 0.85 (, 가 66.7%(18)
2000), 가 , 가 61.7 가
Cronbach 0.88 (Fowler, 1997). , 가
Cronbach 0.821 92.6%(25) 가
74.1%(20) 가
6) 가 (81.5%, 22), 가
가 (77.8%, 21).
8 ' 0 (63.0%, 17)가 가 , 18.5%(5
' 10 0) 가
80 가 가 70.3%(19)
Cronbach (14)
0.923 18.5%(5)
(44.0%, 11) 가
4. , (36.0%, 9)
가 55.6%(15)
Windows SAS(version 가 < 1>.
6.12) .
2. 가
가 ,
1)

< 1> (N = 27)

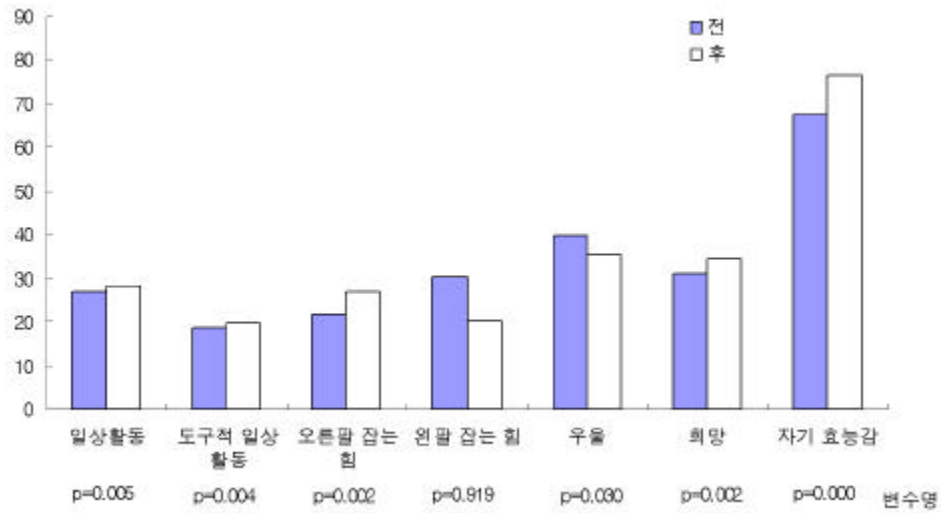
1		2	
(%)		(%)	
18 (66.7)	9 (33.3)	25 (92.6)	2 (7.4)
7 (25.9)	20 (74.1)	10 (37.0)	17 (63.0)
11 (40.7)	11 (40.7)	0 (0.0)	21 (77.8)
5 (18.5)	17 (63.0)	6 (22.2)	2 (7.4)
5 (18.5)	5 (18.5)	6 (22.2)	10 (37.0)
13 (48.1)	14 (51.9)	9 (33.3)	22 (81.5)
14 (51.9)	9 (36.0)	5 (18.5)	5 (18.5)
9 (36.0)	11 (44.0)	10 (37.0)	9 (33.3)
11 (44.0)	4 (16.0)	13 (48.1)	14 (51.9)
4 (16.0)	1 (4.0)	9 (36.0)	11 (44.0)
1 (4.0)	2	3 (11.1)	4 (16.0)
2		1 (3.7)	1 (4.0)
		2 (7.4)	2
		6 (22.2)	

(p = .919),
 27.04 , 28.22 , 20.31kg, 20.15kg
 가 가 . 가 3 가 <
 (p = .031) 가 . 2>.
 (p = .005)가 가 가
 1 < 2> . 5.9kg 가
 2) 가 (p = .028)
 가 (p = .549).
 가
 18.70 , 19.78 가
 가 (p = .004)가 가 (p = .052, p = .636).
 가 2 < 2> . 4)
 3) , 35.30 39.63
 21.87kg , 26.93kg (p = .030)가 < 2>.
 가 (p = .002) . 5)
 30.89

< 2 >

	±	±	t	p *
	27.04 ± 3.84	28.22 ± 3.27	3.078	.005
	18.70 ± 2.55	19.78 ± 2.14	3.145	.004
()	21.87 ± 12.28	26.93 ± 12.82	3.488	.002
()	20.31 ± 12.35	20.15 ± 13.12	-0.103	.919
	39.63 ± 12.99	35.30 ± 10.59	-2.296	.030
	30.89 ± 6.91	34.15 ± 6.72	3.493	.002
	67.70 ± 17.44	76.37 ± 10.83	4.554	.000

* paired t- test



< 2 >

34.15 가 가 67.70
 (p = .002)가 , 76.37 가
 가 4 < 2> 가 (p = .000)가
 가 5 < 2> (p = .039),
 (p = .0369)', (p = (p = .002),
 .0278)', (p = (p = .082),
 .008)', (p = (p = .004), '15m
 .004)', (p = (p = .003),
 .006)' 가 '(p = .004), '37m (p = .000),
 .000) 4 '(p =
 6) 가

< 3> . (N = 19)

	9 (33.3)	5 (18.5)
	11 (40.7)	16 (59.3)
	7 (25.9)	6 (22.2)
2 3	2 (7.4)	0 (0.0)
	7 (25.9)	2 (22.2)
	14 (51.9)	17 (63.0)
	4 (14.8)	4 (14.8)
	1 (3.7)	2 (7.4)
	19 (70.4)	19 (70.4)
	7 (25.9)	6 (22.2)
	20 (74.1)	19 (70.4)
	5 (18.5)	6 (22.2)
	2 (7.4)	2 (7.4)
	22 (81.5)	22 (81.5)
	5 (18.5)	5 (18.5)
	22 (81.5)	24 (88.9)
	5 (18.5)	3 (11.1)
	1 (3.7)	2 (7.4)
	4 (14.8)	5 (18.5)
	18 (66.7)	16 (59.3)
	4 (14.8)	4 (14.8)

3. 가

< 4> .

1)

가 가

< 3> .

(r = - .408, p = .035)

5

(r = - .480, p = .011)

가 ,

가 .

4

(r = .814,

가 .

p = .000)

(r = .628,

p = .000)

(r = - .611, p = .000)

, 2

가

(r = .463, p = .015)

2)

(r = .512, p = .006)

< 4 >

1.000	-.165	-.024	.049	-.359	.158	-.408	-.232
	.409	.906	.807	.066	.431	.035	.243
	1.000	.758	.463	.093	-.462	.064	.814
		.000	.015	.643	.015	.751	.000
		1.000	.512	.051	-.308	.002	.628
			.006	.802	.118	.990	.000
			1.000	-.256	-.280	.040	.332
				.198	.157	.844	.091
				1.000	-.100	.150	.026
					.620	.456	.899
					1.000	-.480	-.611
						.011	.000
						1.000	.239
							.230

가 , (r = .577, p = .002)
 가 (r = .634, p = .000)
 가 (r = .758, p = .000)
 가 (r = -.462, p = .015)
 가

< 5 >

< 5 >

1.000	-.288	-.112	-.048	-.159	.042	-.322	-.154
	.145	.578	.811	.430	.835	.102	.444
	1.000	.843	.237	.324	-.367	-.012	.577
		.000	.234	.099	.060	.952	.002
		1.000	.346	.299	-.516	-.051	.634
			.077	.130	.006	.800	.000
			1.000	-.220	-.106	.127	-.238
				.271	.599	.527	.232
				1.000	-.077	-.08	.215
					.703	.852	.283
					1.000	-.331	-.500
						.092	.079
						1.000	.159
							.427

가 2 27 5 가 가

가 가

가 가 (, 1998), 가 27 (, 1999).

가 가 (p = .005), (p = .002), (p = .002), (p = .001) 가 , (p = .030) (1989) 가 가

가 가 (r = -.408, p = .035) (r = -.480, p = .011) (r = .814, p = .000) (r = .628, p = .000)

2 5 (r = -.611, p = .000)

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 (1993). 가
 (1994).
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 27(1), 212 227.
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 , 27(2), 441-456.
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 78 83.
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- Abstract -

Key concept : Stroke, Self-help management program, Activity of daily livings, Grasping power, Depression, Hope, Self-efficacy.

Effects of 5 Weeks Self-Help Management Program on Reducing Depression and Promoting Activity of Daily Livings, Grasping Power, Hope and Self-Efficacy*

*Kim, Keumsoon**· Seo, Hyunmi****

*Kim, Eunjeong****Jeong, Insook******

*Choe, Eunjeong*****. Jeong, Suni******

The purpose of this study was to determine the effects of 5 weeks self-help management program on reducing depression, promoting Activity of Daily Livings(ADLs), Instrumental Activity of Daily Livings(IADLs), grasping power, hope and self-efficacy for post stroke patients visiting public health care center in Seoul. This was pre-experimental study, and the subjects were 27 post stroke hemiplegic patients. The program was composed of five sessions and each session had health education on stroke, ROM exercise and recreation.

Data were collected from May to November, 2000, and all subjects were asked to complete the Questionnaires, be measured vital sign and grasping power. Data were analyzed with frequency, percent, paired t-test, and Pearson's

correlation coefficient using SAS(version 6.12) program.

The results were as follows :0

- 1) The scores of ADLs were increased from 27.04 to 28.22 after program, and that was statistically significant (p = .005).
- 2) The scores of IADLs were increased from 18.70 to 19.78 after program, and that was statistically significant (p = .004).
- 3) The grasping power of right hand were increased from 21.87kg to 26.93kg after program, and that was statistically significant (p = .002). But the grasping power of left hand were statistically insignificant (p = .919).
- 4) The scores of depression were decreased from 39.63 to 35.30 after program, and that was statistically significant (p = .030).
- 5) The scores of hope were increased from 30.89 to 34.15 after program, and that was statistically significant (p = .002).
- 6) The scores of self-efficacy were increased from 67.70 to 76.37 after program, and that was statistically significant (p = .000).

According to the results of this study, the scores of Activity of Daily Livings(ADLs), Instrumental Activity of Daily Livings(IADLs), hope, and self-efficacy and the grasping power were improved and depression was reduced in post stroke patients participating in self-help management program. Therefore we recommend to use self-help management programs as a nursing intervention for the post stroke patient.

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